

Smoothie Bike

User Guide



*Pedal power
promoting healthy
eating, exercise
& sustainable
energy*

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Tasty Tips & Healthy Hints

Part of the fun is seeing how far you can push your creativity!

Mostly Fruity

- Fill the jug about a quarter of the way with fresh or frozen fruit
- Add a small amount of neutral juice such as apple or grape - citrus or pineapple are also great
- For texture and protein you may like to use walnuts, almonds or chia seeds
- Add a splash of something creamy like almond milk, soy milk or yoghurt
- Finish it off with something tangy like a squeeze of lime or some juicy berries
- Add ice to blender so that it is about half full
- Put lid on jug and you're ready to blend

NOTE: Avoid large ice chunks as blender may jam

Mostly Milky

- Fill the jug about a quarter of the way with fruits of your choice
- Add a generous spoonful of yogurt
- For protein you may like to add an egg white
- Add a few ice cubes
- Fill to halfway with milk
- Add in any extras such as cinnamon, nutmeg or honey
- Put lid on jug and you're ready to blend

NOTE: When handling food please wear disposable gloves provided



Blender Assembly

Setting up the bike correctly is the key to safe riding

Before placing jug on Smoothie Bike (initial set-up only)

Loosen the two wingnuts on the upper platter in front of the handlebars one turn. Turn the platter counter-clockwise until the silver roller beneath the platter is firmly against the bicycle's tyre. To test for traction, slowly turn bicycle pedal.

The tyre should not slip past the roller and smooth traction should be achieved by the roller pressing firmly on the tyre. If the roller touches the metal rim of the wheel, inflate the tyre to a higher pressure (65psi is recommended). A bicycle tyre pump is included in the Equipment Kit.

After placing jug on Smoothie Bike

- Ensure the lid is firmly secured to the top of the jug
- **Take black elastic strap and pull over the top of the jug securing the hook end to the silver bar at the base of the jug stand**
- Do not start pedalling until the jug is fully secured





Seat Adjustment

The Smoothie Bike can be modified for a comfortable ride

To adjust the position of the seat to a desired height:

- Make sure there is no weight on the seat while making the adjustment
- Open the black lever located at the base of the seat pole
- Move the seat to the correct height
- Hold seat in place and fold the black lever closed

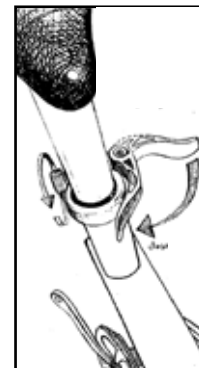
If the seat slides down when weight is applied:

- Open the black lever at the base of the seat pole

- Tighten the knob located on the opposite side of the lever
- Close lever - you should feel some resistance
- Repeat until seat is at desired height and you are unable to move the seat up and down

Age & Weight Restrictions

- You must be 7 years of age or over to use the smoothie bike
- You must weigh under 100kg to use the smoothie bike





Clean Up

We have provided two red plastic tubs for washing & rinsing your jugs

Cleaning jugs during event for re-use:

- Remove any excess or unused smoothie from the jug
- Wash jug and lid in warm soapy water - ensure that it is free of honey drips or unblended fruit pieces
- If necessary, unscrew base of jug for more effective cleaning (see notes opposite)
- Rinse cleaned jug and lid in fresh water
- Ensure the base of the jug is screwed on tightly ready for re-use

NOTE: Please be careful of sharp blender blades when cleaning

Cleaning jugs post event:

- Unscrew the bottom of the jug and wash jug, lid, blade and black base cap separately using a soft bristle brush in warm soapy water until sparkling clean
- Rinse jug, lid, blade and black base cap under fresh running water
- Dry thoroughly with a clean dry cloth (if unable to air dry)
- Parts are dishwasher safe

NOTE: Please make sure the Smoothie Bike is also cleaned if there have been any spills. Wipe down with a soft cloth using warm soapy water.



Rules for smooth riding

Consider these top tips for a great ride

- Always make sure the bike is set up on a flat stable surface (preferably in the shade)
 - Always stretch before exercise
 - Always check the seat is at a comfortable height for you
 - Always check jug is securely in place and the strap is secured before starting to pedal
 - Do not place fingers or other items into the jug while the bicycle is in motion
 - Always take care when removing the strap
 - Always make sure the blender blade (and hence the wheel of the bike) has stopped rotating before removing the jug from the smoothie bike
- Remember the bike is for promoting a healthy lifestyle - so keep it fresh and healthy
 - Always ensure on-lookers and children are standing well away from the bike when in use
 - Always supervise riders between the age of 7 - 16 years.

*One last very
important rule:
ALWAYS
remember to
have fun!*

